



A tradition grows

By Dan Hyland

Well, it's been a long time since the last newsletter, and a lot has happened since then. Not in the least are the excellent developments in the UWRC sponsored race department. The running club put on an excellent Valentine's Day 5k, and things are looking good for this fall's upcoming Fall 15k.

As I said, the Valentine's Day race went off without a hitch this year. The field was about as big as last year's, and everybody made it in all right. Well, anyway, the important thing is

that nobody got lost out there. We had a great turnout of running club members helping out on the course, working on results, and on all the other jobs that needed doing. Even the few running club members who ran the race

were able to pitch in and help out at the finish line. With all the help, we put on a first-class race. Thanks to all who helped make it a success.

Of course, the running club isn't about to rest after putting on a good race. That's right, we're already planning the upcoming Fall 15k. The date has been chosen, it'll be on September 18th. The 15k Race Committee has been hard at work on sponsorships, awards, the course, attracting more runners, etc. We already have some major sponsors, but are looking



Happy time!: Some of our proud Valentine's 5K runners.

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Tips to get you off your butt and running

By Martha Gurtz

So the warm weather and lengthening days aren't enough motivation to get you out the door? Well, don't fret because what follows are six sure-fire ways to increase your running enjoyment that will pick you up by the shoelaces and send you flying out that door.

1. Vary your route. Besides outwitting potential attackers, varying your route will bring new scenery into view, keeping your neurons engaged and your pace lively. Get off the beaten path once in awhile and beat one of your own.

2. Run with someone. Another good attacker-deterrant, a running partner can be someone to converse with on an easy run or, alternatively, someone with whom to enjoy some healthy competition. And when searching for

running partners, don't limit yourself to the *Homo sapiens* species! A dog will do just as well; I recommend a medium to large breed that will be able to keep up with you. However, a small dog, cat, rodent, or reptile can easily be tucked under one arm and will serve as a good conversation starter. Be sure to switch arms every half-mile.

3. Leave your watch at home. Every so often, leave your watch at home and run just for the sake of running. Run how you feel, where you feel, for how long you feel, and with no pressure to extend your route to gain that extra five minutes. I guarantee you will feel happy and rejuvenated.

4. Do something different. Run some hills, run barefoot, run in the rain, run on a trail through the woods, run backwards, run across an open field yipping and flailing your arms above your head. Be creative! You shouldn't

need my help for this one...

5. Run to get somewhere. Thousands of years ago, our ancestors ran in pursuit of their prey, ran to deliver messages to neighboring communities, and later ran to the gas station to pick up fuel for their newest invention: fire. Today, you can get back to your primeval roots by giving your run a purpose - to get from point A to point B. Instead of being a chore, running becomes a mode of transportation, and the errand - well, that becomes the chore.

6. Stay off the treadmill! If boredom were an inanimate object, it would be a treadmill. Need I say more?

Marth Gurtz is a senior here at the UW and plans to expand her running column worldwide by the end of the year. Way to go!

Running shorts...

By Travis Gordon & Amit Shukla

Jingle Bell Run results

12/12/98-Vilas Park
10K

| Name | Position | Time |
|-----------------|----------|-------|
| Dan Hyland | 11 | 35:16 |
| Patrick Gerst | 20 | 36:30 |
| Brian Wilson | 37 | 38:07 |
| David Rolnitzky | 38 | 38:10 |
| David Mouleen | 45 | 38:44 |
| Jim Black | 70 | 40:43 |
| Alexis Cirilli | 128 | 43:29 |
| Lori Weinberg | 134 | 43:53 |
| Martha Gurtz | 179 | 46:12 |
| Amit Shukla | 186 | 46:25 |
| Stephanie Kidd | 191 | 46:48 |
| Sherry Kuchma | 219 | 48:11 |
| Sarah Francois | 285 | 50:31 |
| Travis Gordon | 337 | 52:34 |
| Sarah Foley | 355 | 53:07 |

Teams

| | | |
|---------------|----|------|
| UWRC General | 6 | 637 |
| Running Roses | 8 | 770 |
| Snot-Sicles | 13 | 1620 |

5K

| | | |
|----------------|-----|-------|
| Mike Sheehy | 3 | 16:53 |
| Chris Shumway | 27 | 19:07 |
| Ken Cheung | 104 | 22:44 |
| Colleen Canney | 163 | 24:31 |
| Anna Polenska | 177 | |
| Dan Haave | 178 | |
| Anne Jensen | 182 | |

Teams

| | | |
|--------------|---|---|
| UWRC General | ? | ? |
| Playas | ? | ? |

Mountain Goat 9 Mile Run results

3/20/99-Danville, IL

| Name | Time |
|---------------|-------|
| Shawn Morris | 60:56 |
| Sam Rush* | 64:23 |
| Travis Gordon | 76:30 |

Upcoming social

The end of the year picnic is just around the corner. Be sure to attend to enjoy the food, frisbee and money giveaway. The date and place of the picnic have yet to be determined.

End of the line

For several months, the marathon class has endured early mornings, Ron's barking, long runs and nagging injuries. Wish **Sarah Le Cloux, Amit Shukla** and **Anne Jensen** good luck in trying to pass the final exam of running a marathon.

Upcoming races

| Name | Distance | Date |
|------------------|-------------------------------------|------|
| | (Contact Info) | |
| Crazylegs | 5K or 10K | 4/24 |
| | (SERF, Shell or Nat) | |
| Lakeshore | 4 mile | 5/2 |
| | (Meaghan @ 264-1822) | |
| Meriter's | 5K or 10K | 5/6 |
| | (www.meriter.com) | |
| Madison | 5K, 10K, Half or | |
| Marathon | Full Marathon | 5/30 |
| | (www.lifestylesports.com/marathon/) | |
| Grandma's | Half or Full | |
| Marathon | Marathon | 6/19 |
| | (www.grandmasmarathon.com) | |

Membership benefits

Being in the running club not only gets you great company to run with. You also get great deals at running stores around Madison. Both the New Balance store and Movin' Shoes will cut us discounts when you present them your official running club membership card. Discounts are up to 20% off all running merchandise.

Clothing drive

Anne Jensen has done a wonderful job organizing and purchasing the new running club clothing. As of press time, the order for our singlets and sweatshirts went in about a week ago. The order should be back before the Meriter's Nurses Run.

Numbers

The running club is sporting over 70 people on the email list now, including Stetka. The numbers at the track workouts have been steady, around 20 each week. Don't let the end of the semester hold you back from coming. It's a great break from school and the man.

Welcome new members

Jim Black, Anglea Heppner, Mary Arena, Lauren Newcomb, Lisa Langlitz, Michelle Minikel, Jessica Hollman, Alexis Cirilli, Amy Odegard, Ross Filice and Vance Lehman are all new members to the running club since the beginning of the semester. Thanks for joining and keep on running.



University of Wisconsin-Madison Running Club

CLUB INFO

Contact:

Dan Haave-294-0993

Web Page:

www.sit.wisc.edu/~uwrc/

Email:

uwrc@stdorg.wisc.edu

A Division of UW Rec Sports

COMMITTEE HEADS

Fall 15K

RON CARDA

Valentine's 5K

JOHN MARQUET

Recruiting/Retention

MARI ZOERB

Communication

TRAVIS GORDON

Regional Races

DAN HAAVE

Clothing

ANNE JENSEN

Social

COLLEEN CANNEY

DA QUOTE

"...if running were always that easy, a third of American adults wouldn't be obese."

-Jeff Galloway

CLUB SCHEDULE

| Day | What | Where* | Time |
|-----------|-------------------------|-----------------|------|
| Sunday | Long run | Shell | 10am |
| Wednesday | Track workout | McClimmon Track | 6pm |
| Thursday | Amit&Travis' Social Run | SERF | 5pm |

* A map can be found at <http://www.sit.wisc.edu/~uwrc/>

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for more so we can put on as good a race as possible. The committee is on schedule, and should have everything taken care of far enough before the race so that it isn't a scramble to get things done on time.

Of course, just because you're not part of the Fall 15k committee doesn't mean that you can't help. We need lots of people to help both now and the day of the race. As many of you know, we had a bit of a problem at last year's Fall 15k. Of course, if we get the number of volunteers out there as we did for the Valentine's Day 5k, we shouldn't have a problem. All running club members are encouraged to help out.

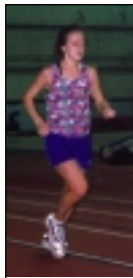
The running club has a reputation for putting on good races. Let's build on this reputation and do what we can.

ANNOUNCING...

The Member of the Month

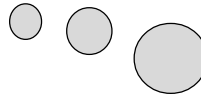
Name: Sarah Foley
Year: Grad Student
Major: Rehab Psychology
Hometown: MarshallTown, IA
Favorite Race: 5K

Sarah was a no brainer for selection as the member of the month. She has done plenty of work for the running club, especially with the Valentine's 5K. Her attitude and spirit also helps with the cohesion of the entire club.



Sarah's running started in high school, when her parents, looking for something for her to do after school, "forced her" to join the XC team. The decision was obviously a wise one, since Sarah ended up running in college, at Loras College in Dubuque, Iowa.

OUR BRAVE PRESIDENT SAYS...



**Visit our web site at
www.sit.wisc.edu/~uwrc.
See the shoe, be the shoe.**

Web page finds new home

The running club's new web page came online in early March this year. Our web page is clearly better than all the other Rec Sports web pages. We're so humble. Now we just want other people to see our creation too. This task involves entering the site into various search engines like Yahoo, AltaVista, etc. Even though the construction of the page is done, the work for this site is always evolving.

The main page (www.sit.wisc.edu/~uwrc) contains a huge running shoe with UWRC written on it, created by Dan Hyland. The current schedule is also available here, which usually houses what we're doing on the track before we actually run it. The rest of the site is divided into several subject areas. This includes a section on what the running club is about, contact information, a section on bios of com-

mittee heads, and the member of the month.

Other sections contain links to past newsletters, various track workouts that we do in club, our social activities, and links to running related web sites, compiled by Martha Gurtz. There's also a section on the different committees, and their functions. Hopefully, our races will be able to use this site effectively. The possibility of an electronic application form or just general information on the race are both ideas for combining the races and the web.

Do you have any comments, questions or ideas on what this web page should have? Contact Travis (tjgordon@students...) or Amit (samit@cs.wisc.edu) and we'll be sure to guide you in the right direction.





UWRC Phone List



Mary Arena 264-2077
 Karen Bradley 294-0897
 Steve Budnik 271-2872
 Colleen Canney 256-4738
 Ronnie Carda 262-3369
 Jason Chapman 294-7596
 Ken Cheung 257-4114
 Alexis Cirilli 274-4791
 David Doughty 256-3026
 Anita Fernandez 251-9074
 Ross Filice 251-0350
 Sarah Foley 274-9645
 Sarah Francois 264-0073
 Patrick Gerst 294-0612
 Travis Gordon 264-1550
 Martha Gurtz 256-4838
 Dan Haave 294-0993
 Jennifer Halser 238-4751
 Roger B. Hammer 249-4972
 Angela Heppner 264-0558
 Michael C. Hiller 238-5272
 Steve Hogan 264-1614
 Jessica Hollman 258-9791
 Dan Hyland 264-3832
 Heidi Jarecki 278-1052
 Matthew Jarosz 238-2247
 Anne Jensen 255-7127
 Tod Jensen 283-0922
 Terry Johnson 845-7465
 Stephanie Kidd 264-0310
 Sherry Kuchma 245-1054
 Lisa Langlitz 286-5252
 Sarah Le Cloux 251-9094

Vance Lehman 264-2839
 Sara Lorenz 264-1549
 John Marquart 828-5706
 Terry Meehan 280-8671
 Michelle Minikel 264-1455
 Shawn Morris 256-8135
 David Mouleen 250-0303
 Aaron Nelson 264-1444
 Lauren Newcomb 294-6732
 Amy Odegard 238-5349
 Henry Pratt 286-5641
 James Riddle 255-0154
 David Rolnitzky 283-0967
 Mike Sheehy 286-8806
 Amit Shukla 274-0606
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 Lori Weinberg 264-0074
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 Nathan Wolfe 264-2736
 Marie Zoerb 236-9810

Those who helped create, write, develop and
 plan this newsletter:
 Dan Hyland, Martha Gurtz, Amit Shukla, and
 Travis Gordon. Thanks for all the help.

Note: If you would like to help out with the next
 newsletter or have any ideas, please contact Travis
 Gordon.



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*shoe sizes 5-20 in widths 2A, B, D, 2E and 4E all in stock!

*madison s largest running clothing selection!

*inside the hilldale shopping center

*open 9-9 mon-fri, 9-5 sat and 11-5 sun



NB/Madison-achieve new balance